

# What is the relationship between consumption of seafood n-3 fatty acids and risk of cardiovascular disease? (DGAC 2010)

## Conclusion

Moderate evidence shows that consumption of two servings of seafood per week (4oz per serving), which provide an average of 250mg per day of long-chain n-3 fatty acids, is associated with reduced cardiac mortality from coronary heart disease (CHD) or sudden death in persons with cardiovascular disease (CVD).

## Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

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## Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between consumption of seafood n-3 fatty acids and the risk of cardiovascular disease?](#)

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## Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[n-3 Marine and Plants](#)